

HE WHO HESITATES....

Bonk exists for the furtherance of the E.S.C.A. I am sure that this body could be greater than the sum total of its ten individual clubs. Our sport is at the watershed. There are signs of increasing interest in bicycles but compared with some sports we are poorly organised and badly under-published. Individual clubs are unlikely to muster a sufficiently powerful lobby to get a fair share of public funds for sport, but together we could make our voice heard. Golfers, swimmers, athletes and footballers have a habit of producing articulate spokesmen who can prop their appeals on stars who are household names thanks to TV. Tony Jacklin, Brian Brinkley, Brendan Foster, Kevin Keegan, sure, but who's heard of Bill Nickson? With the help that the 'Better deal for cycling' scheme offers, we could really cash in, but we must begin now!

I believe without Bonk to keep everyone informed about club and E.S.C.A. activities, without this means of open debate for individuals to air ideas on matters important to Sussex cyclists, the E.S.C.A. can never flourish.

We live in a cycling backwater - riders from other areas nip in too often to carry off first prize. We are not sending out enough winners to put Sussex on the map.

I contend that the E.S.C.A. could lead the way to achieving this, by making it's management wider based, and by thinking through and adopting a two year expansion programme.

If the problem of improving Sussex cycling were thrown into your lap tomorrow, what would you do? Tell your club committee what you think - tell BONK and let's get the wheels turning!

PLEASE NOTE!!

Last month Bonk was late publishing. This was partly because of the wait for overdue copy and partly because the E.S.C.A. duplicator was so busy that Bonk had to wait a fortnight to finish printing. So it missed the easy distribution offered by the E.S.C.A. 25 and was hawked about at Preston Park in an attempt to find a willing courier for each club. Southborough received theirs three weeks later. This underlines how important it is to publish on time!

This issue is going the same way as a week after copy date deadline, only four clubs are in.

I intend to say this at the next E.S.C.A. committee meeting, but I'm saying it, now, directly to you, the readers (direct rider to rider communication is the importance of Bonk) to ensure you're informed.

You have now had three issues to decide whether you like the way I run Bonk. If you like it, press your club committee to (a) see a club report is written and (b) that it arrives on time.

If you don't like my efforts, say nothing and I'll take the hint after issue 53.

Ken.

FOOTING THE BILL

To be charitable you have to admit that a chap who makes pedals to sell at £20 a pair has a sense of humour.

But can you suggest a suitable adjective for the folks who actually buy them?

WESTERN REVIEW

To start with may we be so bold as to make mention of one or two points on the last issue of 'Bonk'. Firstly we observed that it was edition number 50; no celebrations? No special edition or comment. Well better late than never - we give you our congratulations. Secondly what a poor show with no contributions from two of the fastest clubs in the county. It is to be assumed, I suppose, that the respective scribes were too busy training. Thirdly, great idea about the Reliability Trials for 1977. We hope to promote ours on the same Sunday as for '76, i.e. 13th February 1977. We shall be pleased to know other dates when all are settled.

Well, after our last report we had our club 30 mile championship and chose a good morning on the A.27 out to Chichester. Richard Shipton collected his first club trophy with a very useful 1.16.51. I was second 1.17.31, and Pete Reeves, Colin Miller and John Biddle finished very close in that order and all with 18's. Handicap went to a new member in his first event ever. With no 'gen' gear he rode round in 1.23, and seemed no worse at the finish. Unfortunately he's now disappeared. Come back, Chris Stone, all is forgiven. If Central find him - hands off, he's ours!

Easter came and went with a 1.1. something from Pete Reeves on one of those 'wind behind you both ways' courses up north. There was also a second attempt by some four or five members to find their way round that 'quite notorious course' so far as we are concerned, which somehow has been devised between Horley and Crawley, and revels in the innocent title of G632. Reports from our riders indicate approximately 80 roundabouts, a four mile motorway! and two stretches of the main runway at Gatwick; even course measurer Ray (there's only one in the Outer Hebrides I haven't ridden) Douglass did three circuits of one roundabout and nearly finished

up in the departure lounge. Talking of departures, we nearly lost yours truly in the Charlotteville 50 when he was hit up the back by a motorist who had, presumably, fallen asleep. With this and two punctures he decided to D.N.F. - who said chicken?

Our club championship 25 was retained by Keith Dodman on a not so good morning on the G.938 and he wasn't happy with his 1.5.46. Others were less happy though, particularly yours truly, 1.6.32 second and John Biddle 1.9.03 third. Our evening 10's started on May 13th and here we have been breaking records. Not speed but in the number of club entries. After five events we have had 115 rides by club members, which is an average of 23. In one event there were 28. Even Charlie Lednor can't remember more than that and he can remember a long, long way back. Keith Dodman has been winning most of them with short 24's but second claims George Matthews and Dave Bonner have been doing middling 23's. Another interesting thing, in one ten we had an eleven year old recording 36.05 and a 65 year old who has never raced before recording 33.10.

John Mansell, our honourable secretary, transported Ray Douglass, Keith Dodman and myself up to the Yorkshire Dales for an extended Whitsun tour where we were joined by ex-club member Tony Hill. If we could have brought back with us half the rain we had on the first two days we could have well watered more of the brown lawns around here for a month, but that apart we had a good time, engaged a lot of the time in following Keith (Mountain bloody goat) Dodman up all the 1 in 4's.

Hero worship reached a new level in our club when Tony Hill washed Ray Douglass' socks although in his embarrassment Tony claims it was all a mistake.

Dave Hudson and Derek Smith, two very 'pure' tourists,

although Dave once blotted his copybook with a 1.9. for a 25, have recently skirmished with the Scots along our Northern borders but have returned safely and report enthusiastically on their findings. Still on touring, we can report now, the return of Peter Shaw's machine from Rumania after that C.T.C. tour last year you probably read about in the comic. The machine was a bit the worse for wear and from what I've heard touring would seem to be more enjoyable in the western parts of Europe.

Looking forward, we have five riders who have stated an intention to ride the National 12 this year and just to help keep them committed they are Bernard Wimple, Ray Douglass, John Biddle and Pete Reeves. Funny can't remember who the other one was! Still gazing into the crystal ball I see George Matthews returned to the colours of Worthing Excelsior and turning in a few decent time trials before the season ends, and Messrs. Biddle and Reeves will be made on the tandem, knocking minutes off some of our place to place records. They must be encouraged by their second place in the Redmon 30 even if John Lyons beat them on a solo.

I am told that the technical details are settled and the drawing board work is completed for John Biddle's four-up machine and scaffolding is urgently required so that work can start on the frame. No more details are available in case Raleigh or someone gets to hear of it.

Our open 25 was successfully run on the 22nd May, thanks to the generous sponsorship of Ron Mills Cycles and the organisation of Tony Palmer. Despite considerable police surveillance and questioning, there was no trouble and a new course records of 56.29 was set by Mike Haynes of the Unity.

Don.

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HASTINGS AND ST. LEONARDS C.C.

Upon answering the telephone I hear the anxious tones of Ken Webb asking for this edition's Bonk notes, so once again it's back to saving over a hot quill.

Our first attempt at running an open event for many a long year passed off well on a deceptively hard morning, when thirty-two faced the timekeeper; it was won in 24.04 by Mark Vowells of the Fairies (Kent's answer to the Central) who seem to dominate the Kent events, with our own Pete Baker in second place with 24.48, for once defeating Ken Stevens by seven seconds. From somewhere (don't ask me where) we dragged out eight Hastings riders. Even Dennis Neeves ground his frame round.

Ever consistent Jack Southerden keeps getting the rides in at all distances (well, almost all - he refrains from 24's) from 29.18 and 1.16.25 in the April E.S.C.A. 10 and 25 to 2.32.14 in the recent 50 and aims to ride more than the occasional hundred (starting with the K.C.A. 100 before the E.S.C.A.'s in August).

Now senior Pete Baker is finding just how different is racing against the seniors compared with juniors on 86. He is, however, looking forward to the Divisional Championship when he hopes to at least finish with the bunch, something he has failed to do so far. That event looks like another win for Don Awcock, especially after his success in the Watkins Grand Prix, though Clive Oxborrow should provide him with a serious challenge, if he doesn't pack.

Like Jack, Pete has been riding a variety of events and course, with an outing to the famed Q25/3 that produced a personal best of 1.2.32. on a far from easy day; another personal was achieved during the latest E.S.C.A. 50 with 2.11.21, followed by his first 23 minute 10 two days later.

On the comeback front, inspired by his ride in our open 10, Maurice has been entering the Eastbourne club 10's, getting back into 26's (he's even been out training). Another rider, John Lawrence, in his first ride to too long recorded a time just outside evens.

The strength of the club runs has been boosted by the re-emergence of Audrey from hospital to stoke the tandem once more.

So, before Ken again screams down the 'phone, I think I had better get these notes hot-foot (or is it singing tub) over to Bexhill (anything for a quiet life).

Clubman.

LOOK MUM - NO HANDS

Little Sarah Lade cannot understand why Daddy doesn't wave to her as he comes by on Preston Park track!

ALIVE AND WELL..... BELIEVED TO BE LIVING IN...

Wily Geoff, the spark of Lewes, was riding round the championship course the other day 'doing a recce' when a terrible yearning for hop juice overcame him. Rushing to the first pub sign he saw, he found himself talking to an old cyclist in the Brewer's at Vines Cross. "Stick around ten minutes" the local said "and you'll get a surprise". He was right - on the dot in walked ex-Tourman Jim Hinds. "Blimey Geoff" he said, "Don't let on I'm here, I've retired here to get away from the 'game' and grow tomatoes". That's the first cyclist I've heard admit to liking growing anything, apart from saddle sores. Perhaps the Surrey Road club were a more civilised bunch!

REPORT FROM THE RACING SECRETARY

The May 10 and 25 brought in a good entry on a par with previous years, producing some keen competition between the rival clubs and individuals.

On what was not an easy day, Ray Smith scored a convincing win for the Mitre in 24.20 while in second place Steve Hepplethwaite of East Grinstead just managed to edge out Ken Stevens, Eastbourne, by 5 seconds, with a time of 24.49.

Around the result board all the mathematicians were frantically counting on fingers and thumbs working out the team award. The Mitre were jubilant, confident with Ray Smith's win they had the team as well. Then a lone Eastbourne voice was heard questioning his time on the board. A minute out!! A cheer went up from Eastbourne when it was realised that with this correction the Eastbourne trio of Ken Stevens 25.04, Maurice Colburn 25.42 and Nick Green 26.41 had snatched the team by 3 seconds.

The next morning the wind blew harder, or so it seemed to me, this headwind causing many to grovel over the last half a dozen miles. Brighton Mitre again produced the winner in Alan Limbrey, whose time of 1.2.15. was one and a half minutes clear of the second place rider (again) Steve Hepplethwaite, East Grinstead C.C. With a plus of 5.15 it looks like Alan is after getting his name on the Vets' 25 trophy this year. He will certainly take some beating. In third place once more, Ken Stevens, Eastbourne Rovers, closed the deficit of the previous day on Steve by three seconds with a 1.3.47.

This time Brighton Mitre made sure of the team by over a minute from Eastbourne, and, led by Alan, Pete Taylor 1.5.26 and Maurice Wyatt 1.7.26, recorded a team time of 3.15.07.

The ladies award in the 25 was won by Heather Reeves (what does the M/S stand for?) with an excellent ride on a hard morning of 1.12.28, beating quite a few of the men.

With entries up for the 50 and sevenclub teams entered it should be an interesting event, the result of which will be known by the time you read this.

Iris Stevens.

CRAWLEY RAINMAKER

After the May 22nd issue of Cycling we all know about Heather Reeves' pet aversion. Faced with a dry summer and a shortage of speedy lady cyclists, Crawley Wheelers coach, Paul Lipscombe, is rumoured to be scouring the area for a stirrup pump and bucket.

LADIES MIGHT

Esther Carpenter and Pat Pearson (nee Novis) are pushing off the Rovers 10'.s

Sylvia Burgess pushes off the Lewes 10.

Iris Stevens pushed off the E.S.C.A. 50.

Is this another manifestation of equal opportunities year or is some Dervish employing these swaying female rears in order to destroy the oppositions' concentration?

What goes peck, peck, bang?
A chicken in a minefield!

EASTBOURNE ROVERS

The Sharp end of our T.T. assault has wandered off again - stolen or strayed - rumours abound - "fallen off and hospitalised with broken ribs and a wistful smile" - "been under at Worthing" (under what?) - "placed in Surrey" - then at the Milk Race prologue a familiar figure - could it be him? Rush down the steps, rehearsing Henry Morton Stanley cliches, but he'd gone, melted into the shadows - they seek him here, they seek for Heaven's sake, mate, send K.S. some statistics - last years will do for a start.

Our time triallists are getting into the faster part of their year. Ken's still socking it to them in the evening 10 series, currently at 23.35 and improving. No-one in the Rovers is near Cliff or Ken so far; especially missed is Peter Coles who has wisely put racing aside for a personal best in the examination room. Ray Gearing is beginning to gain speed and is at 25.18 and 1.8. Tall comeback man Alec Neild, just back from a 700 mile week in Wales, is looking to slaughter his times in the 26's. Ken Griffiths is piling in the miles, and when asked the other night, confessed to 50 that day!

Not so much news comes from the roadmen but Nick Green must do something soon (part from overtime). With all the winter training he put in with Graham Lade and Doug Roberts, he should be offering a challenge to the toast of Hastings, if only with pillows. Talking of Graham - what a cunning old mover; nineteen seasons and still grabbing some crafty placings at Preston Park! In fact, his success has inspired not only Andy Leach but "no-hope Webb". Rumour has it that if his back ever heals, he plans to take up pursuing and is having a fur-lined glace kid speed suit, complete with hood specially imported from Holland.

With racing taking up most of the weekends, club runs

have inevitably suffered, though most regulars have managed to get out to club tea on Sundays.

Camping is very popular with C.T.C. Rovers and a weekend is spent under canvas whenever possible. The Team Championship at Cowfold was made full use of and a camping weekend at nearby Henfield was incorporated with it. Perhaps that's why we were only fifth. This one was motor assisted, but the favourite way is on a bike, gear and all.

Rough Stuff is another passion enjoyed by Rovers so much so that on a recent Sunday as much distance was covered over bridleways as on metalled roads. It did not prove very popular with a couple of prospective new lads who were very concerned about their wheels. They couldn't understand the need for it, were shocked by the couple of punctures the group had (they were not convinced one can puncture on the road) and were plainly horrified with the state of Ray's mudguard and bald rear tyre, after a stick had locked his rear wheel. They did not think it possible he could ride any further on it and, of course, as we were only halfway through the afternoon, ride home he did (with more rough stuff) without a puncture.

On a recent weekend visit home, Mo Colburn was persuaded to take to the water when a group led by Peter Coles went boating at Barcombe. He was not amused by some of the antics as the occupants of the other craft tried to ram his. Clearly the Coles craft shipped a lot of water, witnessed by the wet patches left of Ivy Griffiths' chair at tea.

Good to see a variety of club vests at the evening 10's. Also some regular schoolboy riders like the two C's, Cooper and Carpenter.

The new club badge is on the way - Hurrah! - and what

appears to be the only set of competition rollers in the county are going to be overhauled - in fact, everything in the Rovers garden is lovely especially after the boost our points rating received after a first and third in the E.S.C.A. 50. Don't you wish you belonged?

Orso Bruno.

CRAWLEY CLUBRUN QUOTES

The following tripartite conversation took place on the beach at Worthing a few weeks ago between a young delectable lady member and two senior members.

Young D.L. member:-

"Last time I was down here a couple of years ago two schoolboy members threw me in the sea with all my clothes on".

Runs leader:-

"Ah - but we're gentlemen and wouldn't dream of treating a young lady in such a manner". Nudge-nudge. (What a toff he is).

Senior member:-

"No, we'll take all your clothes off and then throw you in".

End of Tripartite talks.

GOODBYE DUCKY

Following on from the comments on typical cyclists posture I offer these simple exercises as a means of moving towards a more balanced stance.

To reduce the caveman forward head thrust (incidentally I've seen a number of lady cyclists walking with their heads in this inelegant and dangerous position) the muscles on the back of the neck need to be shortened. If you want to look them up on the anatomical drawing they are the splenius and cervicis.

- 1) Lay down on a bench with your head over the end and draw the head back. Start with five repeats and work up to fifteen.

To correct curved upper back the trapezius and rhomboid group need development.

- 2) Stand, feet apart and trunk flexed forward so your back is at 90° to horizontal. With a book in each hand, raise arms as far as you can, drawing shoulder blades together. Breathe in as you raise books, out on return to starting position. Ten repeats up to twenty.

To reduce excess hollow in lower back.

- 3) Lie on your back, knees bent, feet flat on the floor. Pull in stomach muscles and flatten lower back to the floor. Hold for five seconds, repeat five times and work up to a hold of twenty seconds.

- 4) Lie face down on the floor with bent knees and arch your trunk back from the waist, hold for three seconds. Start with three repeats, work up to ten.

To improve abdominal muscles and help counteract your

short quadriceps.

- 5) Sit on the floor with knees up to the chest, hook feet under suitable piece of furniture. Lay back and do five bent knee sit-ups - work up to twenty.

Do these five exercises each time you come in from training. They take little time.

Above all, when walking, hold your head high, pull back the shoulders and hold the bottom of the pelvis forward and up (thus tucking in your seat). Check your present standing posture by looking at your naked self (cheeky) in a full-length mirror. Adjust as suggested and notice how your body becomes upright and looks properly balanced. Concentrate on walking like this always (after dressing!) and with perseverance it will become automatic.

CUSTOMER WANTED

Who asked Iris Stevens for a pair of 9½ Lilac Gola training shoes? They are with the Editor.

SPORTING TYPES

Russia and her satellite countries of the Eastern block are infamous for harassing, imprisoning, torturing and even murdering people simply because they are Christians. Yet Western countries welcome these regimes to sporting events all over the world. However, dare to ride in South Africa and you'll be banned from the Olympics, while Rhodesian cricketers are apparently quite beyond the pale.

Wonder how Western politicians can fail to see red when they're constantly standing on their heads?

CRAWLEY WHEELERS

Here we are, midway through another season, and if I may say so a very enjoyable season it has been so far for the Crawleyites.

The undisputed 'star' of our year so far is Heather Reeves. Our 'new' (according to the comic) find of two years standing has been really going places, putting many of our male riders to shame and causing many others to keep a nervous eye astern when starting events in front of her. A great deal of effort has gone into her training and eventing this year and thanks must also be given to Paul Lipscombe of Central Sussex who has been doing the coaching. She has broken ladies' club records at 10, 25 and 50 miles. In the San Fairy Ann 10, 25 mins 57 secs., Kettering Friendly 25, 1 hour 6 mins 45 secs, Southern Counties 50, 2 hours 27 mins 28 secs. A truly remarkable achievement when one considers that most mums with daughters of fifteen are starting to take life a little easier; to beat all this Heather is still confident of bettering these times!! We at Crawley are truly proud of you, Heather; keep at it.

I do not intend to fill this article with times or placings, suffice to say that over two-thirds of our sixty members are taking part in road events, Time Trials, and club-runs regularly which is most encouraging. For instance Ron Ford (that old Sussex has-been) won the club 50 in a very respectable time. It was suggested, tongue in cheek, that he be disqualified as he has an unfair advantage over most of us, in that he trains in a boat! Work that one out.

On the clubrun scene, we have had an extremely enjoyable year so far. The weather has been kind and runs continue to be very well supported. Many new members have been putting in regular appearances on runs, so welcome Bill, Neal, Mark, David, Mike, Steve, Darrell and Colin.

We've had several coastal runs in the sunshine, the furthest to West Wittering, which gave half a dozen schoolboys the chance to feel what it's like to cycle a hundred miles in a day of some eight and a half hours. Needless to say, they all managed it comfortably. Another most enjoyable day was spent at Southboro's Cyclorama, not that I saw much of the 'rama' being involved with our team of roller riders. Unfortunately, we were unaware that this was a 'serious' event and we approached it in a somewhat light-hearted vein. Our 'secret Weapon' was another Central Sussex stalwart, Adrian Jones, whom we had hoisted onto the rollers an hour before the finish. He failed to make up much of our deficit, though for the first time during the event our pointer was 'going' faster than the other two which was noticed by our rivals. Our apologies to the teams from Lewes and Southboro for not taking the event seriously. In 1978 we'll be ready for you!!

Bank Holiday weekend saw many of us heading south to Brighton for the Milk Race prologue and start proper; how heartening to see a Briton winning the prologue yet again. The end result was terrific, and let's hope it augurs well for the sport as a whole over the rest of the year.

Tony Killick and company rode vintage and veteran machinery in the Crawley Carnival, Derek Malin running the roller rides and our stand in the Carnival grounds where we had several enquiries concerning membership. G. Christiansen organised a Carnival Road Race and unfortunately the race was marred by several pile-ups when the rains came down. The charging rooms looked like World War 1 field hospital. The mind boggles. Whilst still on the military front, Roy Jones had been to war again with one of our four wheeled enemies, needless to say he lost! Seriously though, he was not badly hurt and was racing again this weekend.

Malcolm.

LETTERS TO THE EDITOR

Dear Mr. Editor or should it be Mr. Andrews,

Having been a member of my club for ~~xxxxxx~~ years I have yet to be told to "pull my shoulders back, and throw out my chest" but in the past have been subjected to many other 'suggestions'.

Among the repeatable ones have been "Your head is loose", an affliction I am convinced is suffered by all male racing cyclists. I was once told my 'stays' had come undone. Well, I know I was a little overweight at the time, but 'stays' to me conjured up a vision of those huge pink things abound with buckles and laces that my ample figured grandmother laced about herself. I naturally was more than a little indignant.

It is with remarks like these along with unintelligible words like 'evens' 'bonk' or 'knock' as it is now known, it is a wonder any girl comes into the sport.

Yours sincerely,

Iris ('clapped out') Stevens.

P.S. On re-reading Tony Andrews' letter it made me think. I had always thought he was a quiet shy lad, least he always turns bright red when he speaks to me. I think I will have to start 'throwing my chest out'.

Dear Bonk,

You have all heard the old joke about a man getting knocked down every five minutes and getting sick and tired of it.

Well folks, I can now reveal that it is not a joke at all, he actually exists!! Name, Roy Jones, of the Crawley Wheelers.

Donations, please (in the form of sticking plasters and bandages) to 120 Ashdown Drive, Crawley.

I also understand that as he is such a good customer the B.C.F. Insurance Company are to offer him life membership.

B. Wilkins. Lewes Wanderers.

Sir,

I would refer to the paragraph in the last issue of 'Bonk' entitled 'Attention Secretaries' and requesting notification of dates for the next batch of reliability trials. Whilst this action is most commendable, will the mere notification of dates avoid any clashing? - or should we be looking for a meeting of the parties concerned so as to avoid any duplication.

The paragraph about regulations regarding reliability trials is quite out of order since, in fact, there are none. A look in either the B.C.F. or R.T.T.C. handbook will show a page of RECOMMENDED regulations issued by the Cycling Council of Great Britain, which body has no jurisdiction over any Cycling Club. For that matter, the E.S.C.A. Management committee have no powers over the domestic or open events of any of its member clubs and are therefore unable to recommend or remind any of them about anything outside events organised under the auspices of the East Sussex Cycling Association. I have yet to learn that the E.S.C.A. are running reliability trials.

Perhaps the paragraph had better be re-written!!

Yours etc.

K.L. Atkins. Secretary, Central Sussex Cycling Club.

BRIGHTON EXCELSIOR C.C.

Junior recruiting can have its problems as we recently experienced - twenty-nine people turned up for tea at Arundel where we are fortunate in having a cafe that can cater for such numbers; single file was necessary coming out of Arundel and re-grouping after took some time. We had to contend with those who could not keep up the moderate pace set and experienced riders constantly fell back to look for them. Dave Vanson suffered two punctures - not surprising as we discovered that he had no rim tapes! Neither was he able to effect the repairs so Rick got dirty hands. Half the new recruits had none of the essentials for a clubrun, such as capes, spares/repair outfits; a motley collection of footwear and machines were in evidence. We became so strung out, however, that it was necessary for us to be marshalled across road junctions! Nevertheless, a good time was had by all and our young recruits attend the club room and Sunday tea. Of course, they want to be treated just as the other more experienced members but frankly that doesn't seem workable. Therefore, we are starting a separate juvenile section within the club and hope that under Bert's wing they will mature into keen club cyclists. How did we go about recruiting them, seems to be the question, the answer to which was personal approach. Previously, over a period of several years, we have circulated the local schools and colleges only to be told politely by Headmasters that they prefer outside interests kept to a minimum so as not to distract from school studies. Sussex University has sent us a few in response to circulars but once their courses are over the students usually move on. We once had a splendid advert on the back of a number 1 bus but this only brought in one chap. It definitely seems that a friendly chat to the young chap you are about to overtake going along the road is the best approach, particularly if you also have on you some form of publicity handout. We make a special effort just before our annual film show as

this gives the novice a good insight as to the many aspects of our great sport and passtime.

There are many ways of keeping both old and new members amused, such as our recent elevenses at the Bluebell Railway. Tea that day was taken at Henfield and on returning home via the South Downs Way, we were horrified to find a motor car parked off the road across the path.

Eric takes our youngsters quite seriously and recently generously donated two Youth Hostel memberships, two B.C.F. memberships and a club jersey - thanks from all of us NOT just the lads who are benefitting.

Whilst we all agreed with Gary that white was a most unsuitable colour for his Hetchins we didn't expect him to go to such lengths as colliding with a car thus necessitating new tubes and respray - fortunately Gary was unhurt in the incident. Frank Godwin, however, was not so fortunate and in his recent collision with an early morning motorist Frank was shot from his (motor) bike and sustained five breaks in his right leg. That leaves him in the Sussex County Hospital until July - dreaming only about a nice safe tandem - after which he could be on crutches for three months. Get well soon Frank, otherwise no dancing for you at the club annual dinner on January 8th 1977. In case you haven't yet decided what gear to wear, it has been suggested that if you can get hold of a parrot you'd make a lovely Long John Silver!

Seriously though, Frank, don't worry; look what a similar accident did for Chris - there's no stopping him - he was able to wave to the Stringers when they passed him at Salisbury (he left at 5 a.m. by bike and they by train at 9 a.m.) The pace he set on the all night ride had all participants shattered by breakfast and forced them to return home to bed! They covered some one

hundred and twenty hilly miles in eight and a half hours riding.

Next item on Chris's agenda is the Dieppe raid. A baronial chap, Chris will also spend the following week-end in France, in company with Adrian, J.P. and the Stringers, who are flying in to see the Tour de France.

Whilst it is too early for us to state the date of our reliability trial for 1977, we shall now discuss this with a view to publishing same in the next issue of Bonk. Other dates of interest to our members in particular are:-

Sunday 11th July - leave Shoreham 07.30 and take all food and drink for day as, regardless of weather, we will be riding the western end of the South Downs Way.

Saturday 24th July - invitation ride - our effort in National Bike Week. Tea will be at Fulking (our thanks go to Bill Collins and his wife of the Eastbourne C.T.C. for bringing this tea place to our attention).

Sunday 25th July - the clubrun will include a visit to the open air Museum at Singleton (picnic lunch probable)

Sunday 15th August - the clubrun will include a visit to the Bentley Wildfowl Reserve.

There are, of course, clubruns every week and a precise list is available from Chris Beckingham, covering the next two or three months, but the above dates could be of special interest. Saturday afternoon rides in addition to the above mentioned will take place on July 3rd, July 31st, August 14th and August 28th. Remember to book for the annual Isle of Wight weekend, staying this year at Totland Bay Youth Hostel - date from Chris.

Our series of club evening 10's got off to a good start

with all riders inside evens (including the novices) and the evening was enjoyed as much by other members and helpers as by the riders. Mr. Sturt was timekeeper giving fastest time of 25.25 for the first event to Rick Stringer. In addition to the club 10 trophy for the fastest time of the series, a special award for the rider producing the most improved time will be donated. Our thanks to Mr. and Mrs. Strawbridge for providing refreshments for the entire gathering. On these lovely summer evenings it is certainly very pleasant to spend club night out on the bike rather than sitting inside - we hope we don't lose any prospective members who call at the clubroom in our absence. A small racing contingent continues to enter events locally but without any dramatic results so far, still keep trying, chaps, and keep out colours flying.

Ropey Rider.

DIGITAL DANGER

Colin Lewis has, in the comic, been advocating a 1-2-3, 1-2-3 rhythm method of hill climbing. It's very good, but coaches should teach it with caution, for some of their charges will spend so long looking at their fingers they could miss the vital break.

5 AND 10 cent BIKES

A gentleman in the Hastings brotherhood informs us that Woolworths are selling bicycles. Nothing to excite the clubmen yet, but with their constant efforts at up-trading, will we soon see Woolies Campag Corner?

PROTEIN FROM THE AIRING CUPBOARD

If you're still only cropping the same ill-matched socks and tar covered towels, you are obviously on the wrong lines, so try growing your own protein in a very simple and quick way like this.

Purchase from a seed shop, or health food shop, or try Infinity Foods in North Road, Brighton (just on the corner of Gardner Street,) the seeds of Alfalfa and Mung Beans. They both provide plant protein in salad food and make a pleasant change to your eating routine. Ignore all the information you are given or may read and follow this method. Thoroughly rinse the seeds in a fine colander or sieve, put soaking in tepid water in a clean glass jar overnight, having covered the neck of the jar with muslin, or the remains of an old teatowel and secure with an elastic band. In the morning tip the jar on its side to allow the water to run out through the cloth then let cold water fill the jar again (take care not to have the wet muslin too near the tap, or the tap turned on too fast, or you get a cold shower) and once again allow the water to drain out. Shake the jar and place in the airing cupboard and remember to repeat the rinse and drain procedure each morning and evening. After 24 hours you will see the shoots beginning to appear, after three days or so the alfalfa is ready to eat and in about four to five days the mung beans are similarly ready. The alfalfa is best eaten raw with salad or in sandwiches, and the mung beans can be eaten either raw or cooked in boiling salted water, they're the squiggly things that you get in Chinese vegetable dishes. I'm told that a few of these and a handful of rice are all one wants well, everyone to their own, but the shoots do make an interesting change plus a talking point for visitors.

Weasel.

CENTRAL SUSSEX C.C.

Following the debacle of the last edition of this magazine when your correspondent got his months mixed up and sent copy in about twenty-eight days late, there should be no shortage of news. However, setting it all down on paper is just another thing.

Starting from about Easter the season so far has just been one lot of results after another interspersed with accidents to one or another of the club's members.

Paul Lipscombe started the fashion this year by being clouted by a car outside the St. Leonards Hotel in Hershams. No, he had not been inside, but suffered some cuts and abrasions and had to have a spell in bed and off work and his cycle.

As you know, he was replaced in the team for the E.S.C.A. Hardriders by our other secret weapon, Don Awcock, who trundled round the course to good effect, setting a new course record in 41.04, and setting up a good base for a team win with Adrian Jones and Tony Goodsell, and starting our defence of the Points Shield. Don then went back to his more normal sphere of road racing where he has been having his usual run of wins and placings, culminating with a 'Pernod' win in the VAT Watkins Grand Prix. With Paul back in action, he, Adrian and Tony have formed the backbone of the time trials scene for some time. Several team wins have come their way, some locally and others farther afield. In the Farnham Road Club 10 it was at the expense of the Hounslow & District, which I think made it all that much better.

Tony Goodsell, in particular, improved a lot at the start of the season, getting close to the hour on local courses for his 25 time, and recording a superb 2. 4.23 in the Charlotteville 50 on Easter Sunday.

Regretfully, Tony became the second in our chapter of

accidents when he was knocked off his cycle on the main London-Brighton road in the Gatwick area. He landed on his back, and also on to a new five speed block which resulted in his receiving a crushed vertebrae and a long stay in Redhill Hospital. At the time of writing these notes he is still there, although progressing satisfactorily.

On Whit Sunday, Paul Lipscombe, Adrian Jones and Martin Hawes, rode the Hounslow 100 on the Bath Road. They recorded 4.23.40, 4.25.41 and 4.31.25 respectively, thereby reducing our club 100 team record by nearly 4 minutes to 13 hours 20 minutes 40 seconds.

One thing we had to give up though, was the Sussex Team Championship 25 mile title. This year the Mitre proved just that bit too strong for the A team, although the B team carried on the winning ways. Perhaps next year will be different.

The comeback men have shown good form so far. Nick Bown and Robin Maclagan are steadily getting faster as the year progresses. Nick in one of meaner streaks has given up using British Rail for part of the time and now rides from Lindfield to Victoria three times a week. According to my calculations this works out at 240 miles without doing any training. Still, if the fares go up again we would see club runs leaving Haywards Heath each day for Croydon and points north.

The juveniles are also getting faster, biggest improvement here must be Malcolm Millard, who started the season as a rather raw novice with a 10 time of about 28.30 and has now one of 24.43. Malcolm Jones and Mark Atkins are also going faster and Guy Pilcher, who is currently our youngest rider at just 12, has an excellent 30 minute ride to his credit.

All this activity has driven Ron Ewart, the other Ken

Atkins, Rod Laker and Alan Robinson from hiding and our evening 10 series is getting nearly twenty club riders each week dashing up and down the main Worthing road. Don Awcock hands out his normal weekly beating to everyone, the other week clocking 22.13 which is a new club record, and not a bad ride at all on G.511.

The club is now getting busy on the promotional side, and shortly (July 18th) will see a revival of our road race. Headquarters is at Staplefield Village Hall at 11 a.m. and the event is a full eighty miles over the roads around Cuckfield, Balcombe and Handcross.

Also we are promoting the local GHS 10 heat on G.511 on July 15th with a 7 p.m. start. Hope to see some of you there to support the little 'uns.

That's enough,

Yours till next time,

Honest Ginge.

SUSSEX SCENE

An exhibition of Sussex Life - past and present, August 5th, 6th and 7th; organised by the Hassocks Field Society at Hassocks County Primary School. Our local C.T.C. have been invited to put up a stand and are going to do so. However, it will require manning. We have permission to camp in the grounds overnight, so if you can help out please let Iris Stevens know. As well as a small stand inside we would like to put up an exhibition of light-weight camping.

The other Wednesday Geoff Willcocks had a meeting with the Chief Traffic Officer of the Police Force in an attempt to stem the growing animosity between cyclists in the county and the Police.

Two hours of talk has probably cleared the air somewhat and I look forward to hearing via my club just what benefits will result after the next meeting of the B.C.F. division has considered Geoff's approach.

Meanwhile, I have had a reply to the letter Bonk sent to the County Council endeavouring to discover why the Bexhill Round Table's application for races on the sea-front was refused.

The refusal is because the event was not included in the 1976 schedule of proposed road closures issued annually. The letter states that the County Highways Committee and the Chief Constable are agreeable to the race, but other means of authorising the road closures need to be found. I shall pass copies to Geoff, and Regionals Sports Council, Roy and Basil with the message that Mr. Snow of the Bexhill Round Table is very keen to run an event this year, if we can help.

Keep hoping chaps!!

HELP WANTED

Anyone going to the E.S.C.A. National Championships at Eastway on July 10th can help by taking a frame, some wheels and two boxes of pieces from the Editor's house, and pass them to Geoff Mayne who will be there.

EAST GRINSTEAD

Although the warm, dry weather of recent months has not found favour with gardeners or farmers, it could hardly be better for the cycling game. Actually, it is raining as I write this, but it is a good reason to stop in and do the Bonk report.

Our A.G.M. at the end of April was rather protracted due to drafting a new set of club rules, till then we were still supposed to be paying 12/6d each for N.C.U. affiliation. Little change in the corridor of power, though, with Val as President, Rod, General Secretary, Will, Racing Secretary and Crow, Social Secretary.

Having sorted that out, our open road races were upon us and all the organisation that goes with it. A cloudy but dry day saw Bob Leach of C.C. Basingstoke win the senior in a bunch sprint with our own Bob Kater coming third. The 3rd and Juniors was won by S. Hiles of the Chelmer C.C.

The weather has helped our summer club runs so that we've been out to see the Battle to London Professional Road Race, the Milk Race prologue on Brighton front, which also lends itself to chattering to other clubs, and several other race events. Oh, yes I almost forgot to mention the Crawley Carnival road race on Spring Bank Holiday - pity the wet caused so many pile-ups.

We were most impressed by the Crowborough Round Table and Southborough Wheelers joint venture with the "Cyclorama" at Eridge Park. As if the multiplicity of exhibits, food stands, rollers and cycle polo wasn't enough, we saw Bob Beatty, now riding for V.C. St. Raphael (but really still East Grinstead) taking second place to King Alf (Engers, not Obbard!) in the road race. For the writer the festival was rather like a mobile version of 'This is your Life' as I kept meeting friends and clubmates

of fifteen to twenty years ago whilst wandering round. One couldn't help feeling that the spirit of Lou Bathurst was hovering benignly overhead somewhere!

Like most other clubs our evening 10's are in full swing, firstly on the Felbridge and now the Godstone course. Although these are combined with the Croydon R.C. we are experiencing fields of forty plus, which is yet another indication of the rising popularity of cycling - they're not all old 'uns making a comeback, either.

Will Wates led our orienteering team at an event in Knob Park, Sevenoaks, and Val says we weren't last - just.

There don't seem to be the cycling holidays like what there used'ter. Val has just come back from a walking tour of Scotland with her Dad, but most of the club seems unambitious when it comes to holidays.

Writing about oneself usually is considered the forte of G. Boore Esq. but just in case anyone wonders why my name isn't on start-sheets now it is because my racing days seem to be over (what racing, when). My Yoga teaching and attendant studies along with my domestic responsibilities now allow me little cycling time.

Crow.

FOOLS RUSH IN

Whilst sweltering on Bexhill beach, rump-watching and seeking editorial inspiration, I heard an old lady who was propped against a breakwater. "Loo-Loo!" her plummy voice called - thinking she was too old to move and was 'caught short' I was about to offer her a handy bucket, when her dog arrived - named Loo.

SOUTHBOROUGH & DISTRICT WHEELERS

It was the usual tedious, boring holiday, nothing but golden limbed girls on the sun kissed beaches and equally scantily clad birds to be viewed through the beery haze in the evenings. Still, it was nice to come home, secure in the knowledge that I had missed the deadline for the Bonk report. Then came the 'phone call. It appears that none of you fellow scribes had done your homework either. So here's mine in brief.

First, to bore the ears off you, if you were at the 'Cyclorama '76' at Eridge. After all, some people were not there, and the 'Comic' which apparently believes there is no cycling south east of the Thames, gave it scant coverage. Alf Engers grabbed the major prize in the 10 mile time trial and was only 7 seconds outside the course record of 21.15 on a not outstanding morning. On Sunday he entered the 1sts and 2nds road race and patiently sat in at the number five for seventy-six miles, whilst the field had let a couple of individuals off the front at three hundred yards for three laps. Then he went up to the break of two, made it a break of three for a quarter of a mile, and then he was away to easily win a well judged race without a team to support him. What happened to the team groups?

The six hour roller competition provided some exciting battles. On the Sunday, four teams of six riders were competing. After two hours the Lewes Wanderers and East Surrey R.C. were 'neck and neck' at sixty eight miles whilst the Crawley had covered sixty-two miles and the C.C. Bexley had retired. It was a close fight all day, before Lewes led the days field with two hundred and five to the East Surrey's two hundred miles. However, they were unaware of the result of the first half of the competition on the Saturday. In the first two hours, the San Fairy Ann had covered eighty and five-eighths of a mile to the Southboro' eighty and one eighth. They

increased the lead to three and a quarter minutes at one hundred and thirty miles. In four hours they led by seconds with one hundred and sixty and five-eighths miles, but at one hundred and seventy, they were ten seconds in arrears. The Southboro' lead was very slowly increased until at two hundred and thirty miles it was one and a half minutes. Then it was everybody flat out for the finish. The close competition gave a superb result for the Southboro' of two hundred and forty-two point eighty to the Fairies two hundred and forty point 180!

The Crowborough Round Table enjoyed their promotion, and have ideas for 1978. (Yes, two years' time). We had to let Pete Wall join in the Polo, after two of the players had been felled and removed for surgery! It's nice to know that our club was formed in 1932 to allow the enthusiasts to play this gentle game, although many had reservations about the exclusion of females. We let them in, in 1937, and have not had a quiet A.G.M. since!

Now for the sad tale of Arthur and Jean Smith, who entered the super fast Kettering 25 on N25/4. You remember they came to us from the C.T.C. It turned out a very wet and windy day. Arthur had purchased two cheap watches one for each of their handlebars. He fought the wind to the turn, then his watch fell off. There is no prize for guessing who spent a fruitless four minutes looking for it. Meanwhile, Jean struggles in, in a 1.13, and, yes, her watch fell off as well. Still, as she said, there was no point in stopping to pick up a kit of pieces!

Malc Withers successfully broke his own record in the clubs Tonbridge to Hythe event, with a 1.49.02.

Robin, Roy and Phil were let loose on the unsuspecting Isle of Man. We've heard a lot of tales, but no about the racing.

Eight people, led by Doug and Joyce Wright, camped at

Winchelsea again. Again, they fought the same horses as last year, and recorded another draw. At the moment we have some twenty odd people racing (I do mean over twenty I don't know though).

Most of you will have noticed a long, warm, dry spell of weather. Why was it that we promoted last Sunday's K.C.A. 100 in pouring rain? I needed it for the garden, but not on a Sunday. That's it folks. W.B.B.B.

The Wet, Boozey, Bird-loving Bikie.

BUDDHIST JOURNALIST

Our old mate Crow found a national outlet for his thoughts when on April 24th the comic gave him a half page to recommend Yoga to bikies. I suppose we'll have to pay him for Bonk bits now!!!

STILL TIME TO ENTER

There is still time to enter the 1977 Bonk cover design competition.

I know some of you are thinking of submitting a design, so come on and do it before July 17th!!

A fiver to the winner.

Entries to the Editor's address, please.

WHERE WERE YOU ON THE 23rd MAY , DADDY?

I spoke to Roy Jackson of Crowborough Round Table to discover just how their charity raising promotion, Cyclo-rama '76, had fared. He said that they were a little disappointed that the takings were not better. Their members had worked for eight months to organise the show and had invested £4,000. to put it on. Anyone who went would agree that terrific efforts had been made, yet they will only clear about £1,000. Before you say "Wow" consider that all the printing worth over £1,000. was given free, that the national advertising was handed free by a sympathetic agency and no rental was paid for the showground. In fact, without many generous sponsors they would have made a disastrous loss! Saturday, in particular, was poorly attended; actually it cost three times as much to advertise the day than was taken at the gate. Looking back it seems fair to say that the comic didn't give them the publicity merited, presumably as it didn't wish to encourage a rival to Harrogate. Cyclists didn't seem as numerous as had been hoped and apart from the stalwarts on the rollers, the race officials and Southborough clubmen, perhaps the rest of us in the area didn't volunteer as much help as we could have done.

That was the bad news - now for the good! The manufacturers consider that Sunday made it worth their while to come south, so there is a good chance that C.R.T. will stage it again. Whether '77 or '78 is not certain, but if they do, probably it will be a one day event, still using cycling as the theme, but adding reliable crowd-puller like traction engines, dog-handling, a supporting fete, plus a major non-cycling event!

I suggested that for the next time they approach our ten clubs via the E.S.C.A. for I think we can all see that if we are to put cycling on the map in the South, we cannot afford to let a tailor-made showcase like this slip away.

Editor.

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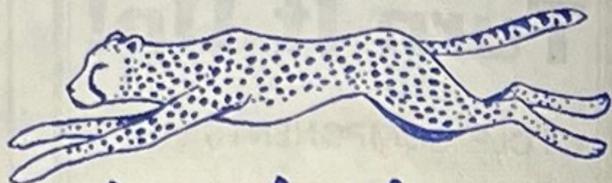
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BOOK REVIEW

"The Yellow Jersey" a novel by Ralph Hume.

This tale isn't half bad. Told in a very racy (no pun) style and full of drawers with weak elastic and cycle racing on alternate pages it should have sold a copy to every cyclist in England - if only cyclists read books ----- The narrative is of a Belgium-domicile English rider who has now retired to run a works team. His chief charge is a young rider who their sponsors expect to win the Tour. Our hero can see all the flaws and doubts it. While going through part 1, you might like, as an amusing diversion, to use the author's fictional characters as clothes pegs for various riders and officials you know.

Part 2 covers a 'Tour' and is written with enough technical knowledge not to put your teeth on edge.

You may find a copy of this 1973 book in a secondhand bookshop - it will make a nice change from reading reliability trial recommendations!

E.S.C.A. HORRORSCOPE

- July Rain with 80 m.p.h. gales. 100 won by Neevo as now too heavy to be blown off. Stevens said he found nothing hard about the event - didn't ride. Boore washed up (?) at Pevensey. Stevensmobile knocking. Humphrey says police don't like course so will have to be altered. Finances frightening.
- August Freak monsoon. Riders issued with life-jackets in club colours as sea laps the Dicker. Humphrey says course will soon be unrideable but in any case must be changed. Finances catastrophic.

G.W.

POINTS TABLE

Individual points		Club points (provisional)	
K. Stevens	.. 67	Eastbourne Rovers	.. 57
P. Baker	.. 57	Central Sussex	.. 49
M. Colburn	.. 46	Brighton Mitre	.. 49
A. Limbrey	.. 45	East Grinstead	.. 25
R. Shipton	.. 45	Southborough	.. 13
S. Happlethwaite	.. 39	Worthing	.. 13
C. Sharp	.. 36	Crawley Wheelers	.. 11
D. Lock	.. 36	Hastings	.. 9
A. Jones	.. 34	Lewes Wanderers	.. 1
R. Smith	.. 34		

Our Irish correspondent writes that on hearing there is a water shortage in England this summer, several of his countrymen suggested diluting it to make it go further.

OLD TYME LANCING

My local social scene spy, the Yamaha Kid, tells me that last year, Wilmington Fair was a knockout. Jousting was included, so if you fancy a ride to their field beside the A.27 on Saturday 31st July, or Sunday 1st August, you could throw your favourite a piece of lace off your bodice and the girls might like it too!!

WRIGHT IN THE CART

Michelham Priory is host once more to the Sussex Crafts Exhibition between 4th and the 8th of August. It's not known if frame building is included but if you want a steel-banded artillery wheel for your mother-in-law's ordinary, you could be in luck!

WHAT'S IT ALL ABOUTBIKIE?

"Fitness - feeling great - going well - top form" who are you all kidding? The myth of Cycling Supermen can not live but in the minds of those on saddles, and surely only the most gullible then. If miles make might men, how come the haggard faces, skinny white arms and hollow chests proliferate so freely and gossip columns in various magazines are tales of woe. 'Poor old Steve's got glandular fever and Joe's having trouble with his teeth Bill's suffering with his left leg, and Fred's Back's torn again. Did you hear about Mick, croaked it last week, still he was getting on for sixty- NEVER smoked mind you! "

Cycling's GREAT - keeps you slim (tell THAT to the Marines) good for the old cardio-vascular (the biggest laugh yet, whoever heard of a cycling centenarian?) keeps you in touch (with what remains a mystery, even to cyclists) is cheap (excuse me whilst I wipe away the tears of mirth and rush to post my donation to the destitute Campagnolo shareholders Fund) is fun (for the spectators - a sixty second glimpse every forty-five minutes?) yeah-yeah.

It's a free country, so spin away, enjoy yourselves, but don't kid yourselves, you ain't doin' y'selves no good, noway.

SCORPIO.

CAMERA SHY

I refuse to believe that no one else is taking photographs of the Sussex cycling scene. Don't be bashful, send postcard size prints or negatives to the Editor, so we can make you famous.

HALF PRICE OFFER

Rik Pitkethley, who runs the Cheetahs Health Studios in Brighton, and who advertises in this magazine, is investing a mint of money to give Eastbourne a really super gymnasium and health club. Called the Shape Health Studio and to open in August at 32 Pevensey (24189) it will offer all the best and latest in resistance training plus saunas and pay-as-you-go sunray. Layed out on three floors, the accent will be on enabling athletes and non-athletes alike the opportunity to stay in condition in luxurious surroundings.

To those who join before the opening date, the years fee (which can be spread) will be only £40. This entitles you to unlimited use of the gym and sauna. There will be snacks available and lunchtime opening could help your busy schedule.

The Editor and his wife are joining - see you there!

BLINDING REVOLUTION

The other evening Dennis Neeves popped into the editorial bike-shed for a chat.

He was keen to point out that personal experience in Hastings leads him to fervently support the views of 'Had-some' in issue 50.

Bonk has received no other comment on the matter but we hope that this silence masks the sound of your furiously scribbling pens to local M.P.'s saying just what you think of the proposed dipped headlights legislation.

Cannibals favourite party game -
Swallow my leader!

FACTS YOU SHOULD FIGURE

Golf's not cheap yet when the Golf Foundation ran their team championships, four hundred and twenty schools entered two thousand, two hundred and twenty-eight youngsters. One thousand, six hundred and twenty-two schools are in the G.F. scheme.

Two thirds of the British Amateur Gymnastic membership is of school age. In Berkshire alone the number of club gymnasts has risen from three hundred to two thousand in five years.

.....

The Greater London League cross-country attracts two hundred girl runners, one hundred under thirteen and one hundred under fifteen. About half this number would still be racing at fifteen to seventeen years.

One cross-country race last winter had four hundred girls entered!

.....

Sussex Cub packs and Scout Troops have long waiting lists.

NOTE IN YOUR DIARY

E.S.C.A. Management Committee meeting 7.45 p.m. at Framfield Hall on Friday July 16th.

small ads.

Next publication is
September 19th. Copy
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